

Physical Education at Skerton St Luke's

At Skerton St Luke's Primary School, we believe that Physical Education is essential for every child's development, supporting physical health, emotional well-being, and spiritual growth.

Sport has become a central part of life at St Luke's, leading to outstanding achievements and a culture where every child is encouraged to participate and succeed. We use our Sports Premium funding effectively to enhance opportunities for all pupils and ensure our staff deliver high-quality lessons based on strong subject knowledge. This reflects our belief that every child deserves access to excellent PE provision.

Our Approach to PE

We provide a broad, balanced, and progressive curriculum that ensures children build skills year on year, with clear differentiation to meet individual needs. Our aim is for all pupils to leave St Luke's with the confidence, competence, and character to enjoy physical activity for life.

Children experience a wide range of curricular and extracurricular activities, working as individuals, pairs, and teams. They learn to:

Advance their skills and apply them across different sports.

Compete at their level, developing resilience and self-belief.

Coach and support others, fostering leadership and communication.

Understand the importance of an active lifestyle and how it contributes to health and well-being.

Competition

Competition is an important part of PE at St Luke's, both Intra- (within school) and Inter- (with other schools). We encourage children to challenge themselves while promoting fair play, respect, and good sportsmanship, reflecting our Christian ethos of loving our neighbour and celebrating everyone's achievements.

Expanding Opportunities

We are passionate about introducing children to new sports and activities. In recent years, we have added bowls, yoga, OAA for all classes and tri-golf to our curriculum. Alongside these, we offer a wide variety of clubs such as tag rugby, football, Girls football, athletics, netball, dance, and cricket, led by staff and specialist coaches after school.

We also maintain strong partnerships with local providers, including The Vale of Lune Rugby Club, local cricket coaches, Morecambe Football Club and Skerton Liberal Bowling Club, ensuring children benefit from expert coaching and community links.

Our Vision for PE

Through PE at St Luke's, children develop key characteristics and life skills that prepare them for secondary school and beyond. These include:

Resilience and self-motivation in athletics

Evaluation and reflection in gymnastics

Self-belief and creativity in dance

Communication and teamwork in striking and fielding games

Co-operation and problem-solving in outdoor and adventurous activities

Our curriculum ensures progression across all year groups.

For example, in invasion games:

Year 1: Playground games to develop tactical decision-making

Year 2: Sending and receiving skills in multi-skills units

Years 3–4: Throwing and catching games (netball, basketball, handball, tag rugby) focusing on transferable skills

Years 5–6: Traditional sports and competitive play once core skills are secure

Why PE Matters

PE is more than physical activity—it is about developing the whole child. It teaches perseverance, respect, and responsibility, helping children to grow in confidence and character. At St Luke's, we believe that every child is unique and valued, and through PE we nurture their ability to live life in all its fullness (John 10:10).